



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

October 2013

Seasonal Flu Shot Clinics Announced

The Grant County Health Department has scheduled its public seasonal flu shot clinics for the 2013-14 season. This year the vaccine includes both an H1N1 and H3N2 strain as well as a B/Massachusetts strain. The H3N2 and B strains are different from those in the 2012-2013 influenza vaccine. Vaccination is recommended for all persons aged ≥ 6 months unless there is a medical reason why vaccination is not recommended such as an allergy to one of the vaccine components.

Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous year may need a booster shot one month or more after the first shot to gain the highest level of protection. Grant County Health Department has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations.

In addition to the posted schedule, seasonal flu vaccinations are now available at the Grant County Health Department located at 111 South Jefferson Street in Lancaster from 8:30 am - 12:00 pm and from 1:00 pm - 4:00 pm. Monday-Friday. Additional clinics will be announced.

Influenza Vaccine - \$27.00

Pneumonia Vaccine \$70.00

October 21 – Fennimore Meal Site	Sunset Fields Apartments	11:00am to 12:00pm
October 22 – Lancaster WIC – Youth & Ag Building		9:00am to 3:30pm
October 22 – Platteville Mealsite	Senior Center	11:00am to 12:00pm
October 23 – Bloomington WIC – West Grant Rescue Squad Bldg		9:00am to 3:30pm
October 24 – Fennimore Southwest Technical College		9:00am to 11:30am
October 25 – Lancaster Elderfest – Youth & Ag Building		9:30am to 1:00pm
October 31 – Platteville WIC – Lutheran Church of Peace		9:00am to 3:30pm
November 6 – Muscoda WIC – Kratochwill Building		2:00pm to 7:00pm
November 7—Platteville Lutheran Church of Peace		9:00am to 3:30pm
November 12—Boscobel United Methodist Church		9:00am to 3:30pm
November 13—Fennimore United Methodist Church		9:00am to 3:30pm
November 19—Cuba City St Rose Mazzuchelli Hall		9:30am to 3:30pm
November 21—Platteville Lutheran Church of Peace		3:00pm to 7:00pm
November 26—Lancaster Youth & Ag Building		9:00am to 3:30pm

For further information, please contact the Grant County Health Department at (608) 723-6416 or visit www.co.grant.wi.gov.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Food Resources Can Save You \$\$\$

If your family is eligible, there are some wonderful resources in your community that can help you stretch your food dollars.

- **FoodShare** (Food Stamps) helps individuals and families who have limited resources buy the food they need to maintain good health. To see if you are eligible to receive FoodShare benefits, use the *Am I Eligible* tool at <https://access.wisconsin.gov/>.
- **National School Lunch and Breakfast Programs** offer healthy meals at a reduced or free rate to children from low and moderate income families. You can apply anytime during the school year by contacting your school district office.
- **WIC (Women, Infants, and Children)** provides food assistance, nutrition risk screening, nutrition education and breastfeeding support to limited income pregnant and post partum women and their infants, as well as children up to age 5. To see if you are eligible for WIC benefits, contact the Grant County WIC office, 723-6416, or go online to USDA's prescreening tool at <http://wic.fns.usda.gov/wps/pages/start.jsf>.
- **Local Community Food Pantries** are usually organized by service organizations or churches and they provide supplemental food for families. Contact the Grant County UW-Extension Office for information on food pantries in your area or go to <http://grant.uwex.edu/> for a list.

Check out the food resources available in your area. The money you save could help you pay other bills such as rent, heat and gas.

For more information on healthy eating go to <http://fyi.uwex.edu/foodsense/> or contact the UW-Extension's Nutrition Education Program at 723-2125.



Immunization Clinics

(Immunizations given at WIC & Health Check Clinics—see below)

Dec 9th—Platteville United Methodist Church from 5:00pm to 6:00pm

Dec 10th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

Dec 11th—Cuba City—City Hall from 5:00pm to 5:30pm

Dec 11th—Dickeyville Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Nov 6th—Late Muscoda Kratochwill Bldg from 2:00pm to 7:00pm

Nov 7th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Nov 12th—Boscobel United Methodist Church from 9:00am to 3:30pm

Nov 13th—Fennimore United Methodist Church from 9:00am to 3:30pm

Nov 19th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Nov 21st—Late Platteville Lutheran Church of Peace from 3:00pm to 7:00pm


Nov 26th—Lancaster Youth & Ag Building from 9:00am to 3:30pm

Influenza vaccine
is available
at all the above
clinic locations!

America's New Health Insurance Marketplace

On October 1, you'll be able to search for healthcare coverage options, get accurate information on the plans available in your state and make apples-to-apples comparisons of private insurance plans and their prices. You have until March 31, 2014 to enroll.

In the new Health Insurance Marketplace you'll be able to look for insurance that fits your budget and meets your needs. Coverage starts as soon as January 1, 2014.

HealthCare.gov  and CuidadoDeSalud.gov are ready right now with information and to help you enroll. Or you can call 1-800-318-2596, any time day or night. Hearing impaired callers using TTY/TDD technology can call 1-855-889-4325 for assistance.

After October 1, the Marketplace will be the place to search for health coverage options. All plans offered through the Marketplace must offer essential health benefits – including doctor's visits, hospital stays, preventive services, prescription drugs and mental health services. Insurance plans in the Marketplace are offered by private companies. No plan can turn you away or charge you more because you have an illness or medical condition.

Only plans offered in the Marketplace offer new lower cost options, including new tax credits that lower premiums right away. When you apply for coverage in the Marketplace, one application will cover everything including eligibility for Medicaid or the Children's Health Insurance Program (CHIP). With that same application, you'll find out if you are eligible for lower costs on your premiums or out-of-pocket costs based on income. For more information see www.healthcare.gov or www.cdc.gov/aca/marketplace/

Prevent Sudden Unexpected Infant Death (SUID)

Sudden unexpected infant deaths are defined as deaths in infants less than 1 year of age that occur suddenly and unexpectedly, and whose cause of death are not immediately obvious prior to investigation. Each year in the United States, about 4,000 infants die of SUID.

The three most frequently reported causes are: SIDS (Sudden Infant Death Syndrome); Unknown Cause; and Accidental suffocation and strangulation in bed. In 2010, 2,063 deaths were reported as SIDS, 918 as cause unknown, and 629 as accidental suffocation and strangulation in bed.

Reducing the Risk

● **Always place babies on their backs to sleep.** Babies who sleep on their backs are less likely to die of SIDS than babies who sleep on their stomachs or sides. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS. Babies who usually sleep on their backs but who are then placed on their stomachs are at very high risk for SIDS. ● **Place your baby on a firm sleep surface, such as a safety-approved crib mattress covered with a fitted sheet.** Never place a baby to sleep on a pillow, quilt, sheepskin, or other soft surface.

● **Keep soft objects, toys, and loose bedding out of your baby's sleep area.**

● **Avoid letting your baby overheat during sleep.** Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

● **Will my baby develop flat spots on his or her head from back sleeping?**

There are ways to reduce the chance that flat spots will develop on your baby's head, such as providing "tummy time" when your baby is awake and someone is watching. "Tummy time" not only helps prevent flat spots, but it also helps a baby's head, neck, and shoulder muscles get stronger.

October is Breast Cancer Awareness Month

Women, below are some basic guidelines, talk with your health care provider about which screening tests are right for you.

Have a [mammogram](#) every year starting at age 40 if you are at average risk

Have a [clinical breast exam](#) at least every three years starting at age 20, and every year starting at age 40

Help with paying for breast cancer screenings

The Wisconsin Well Woman Program (WWWP) helps women who do not have any or enough health insurance to pay for breast or cervical cancer screenings. The WWWP pays for breast and cervical screenings, and in some cases, for treatment if cancer is found.

Women may qualify for the program if they:

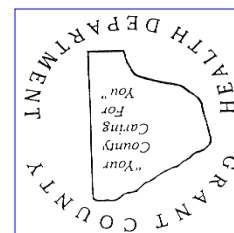
Are 45-64 years of age

Have little or no health insurance.

Have yearly household income that meets our guidelines- up to \$28,725 for one person, \$38,775 for 2 persons. (Add \$10,050 for each additional household member)

Women aged 35-44 are eligible for cervical cancer screenings. Breast cancer screenings are covered if women have any symptom of breast cancer and meet the guidelines above. For more information or to enroll in the program, please call the Grant County Health Department at 608-723-6416.

Source: Susan G Komen



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